

## KEEPING WELL MEANS A CONSTANT FIGHT AGAINST CATARRH

Many diseases may be described as a catarrhal condition. Coughs, colds, nasal catarrh, stomach and bowel disorders are just a few of the very common ills due to catarrh.

Fight it! Fight catarrh with a remedy of assured merit, a remedy which has a reputation for usefulness extending over half a century—

**DR. HARTMAN'S  
PE-RU-NA**  
Tablets or Liquid Sold Everywhere

**Experienced.**  
Kirk Elder—Man, I'm shocked to hear you're gone to get married to a lassie o' nineteen.

Angus—Och, she's the same age as my first wife when I married her.—Til-Bits.

It is a popular superstition among theatrical people that baldheaded men always forge to the front.

Charlotte Bronte's writing was so small that it appeared to have been traced with a needle.

**Inviting Trouble.**  
"Would I consider him a prudent man? I can't say that I would. Exactly the opposite, in fact."

"What reason have you for holding such an opinion of him?"

"I happen to know that he lets his wife and the lady who expects to succeed her have charge accounts at the same store."

**Painful Then.**  
"Do your shoes ever hurt you?"

"Not until I have to pay the bill,"—New York Sun.

# THE ECONOMY BAKING POWDER

## CALUMET

Calumet possesses the farthest-reaching baking powder economy. It is the most economical leavening agent. It saves in more ways—and makes more important savings than most other baking powders.

**You save when you buy it.** The price is moderate—it leaves you money over the cost of high-priced brands for purchase of other articles. Costs but little more than cheap powders—far more valuable in quality.

**You save when you use it.** Possesses more than the ordinary raising force—you use only half as much as is ordinarily required.

**You save materials it is used with.** Calumet never fails with any kind of recipe or with any kind of flour—always produces perfectly raised, delicious bakings.

**You'll notice a great difference when you use Calumet.** Calumet produces light, sweet, wholesome, flaky bakings. You will notice with some of the cheaper brands the bakings are soggy, heavy, dark in color, and sometimes have a bitter taste.

Used by leading chefs and domestic scientists, and by more housewives than any other brand. Made in the world's largest and finest baking powder plants.

Best by test. A trial proves it.



**The Law Says 16 oz. to a Pound**  
A pound can of Calumet contains full 16 oz. Some baking powders come in 12 oz. cans instead of 16 oz. cans. Be sure you get a pound when you want it.

## WESTERN CANADA Land of Prosperity

offers to home seekers opportunities that cannot be secured elsewhere. The thousands of farmers from the United States who have accepted Canada's generous offer to settle on FREE homesteads or buy farm land in her provinces have been well repaid by bountiful crops. There is still available on easy terms

**Fertile Land at \$15 to \$30 an Acre**  
—Land similar to that which through many years has yielded from 20 to 45 bushels of wheat to the acre—oats, barley and flax also in great abundance, while raising horses, cattle, sheep and hogs is equally profitable. Hundreds of farmers in Western Canada have raised crops in a single season worth more than the whole cost of their land. With such success comes prosperity, independence, good homes and all the comforts and conveniences which make life worth living.

**Farm Gardens, Poultry, Dairying**  
are sources of income second only to grain growing and stock raising. Attractive climate, good neighbors, churches, schools, good markets, railroad facilities, rural telephone, etc.

For illustrated literature, maps, description of farm opportunities in Manitoba, Saskatchewan, Alberta and British Columbia, reduced railway rates, etc., write

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Authorized Agent, Dept. of Immigration and Colonization, Dominion of Canada

150 ACRES  
FARM IN  
WESTERN  
CANADA  
FREE

## DAIRY POINTS

### CARE IN MARKETING BUTTER

To Insure Delivery of Satisfactory Product to Consumer It Should Be Well Wrapped.

Successful parcel-post marketing of butter requires that extreme care be taken to insure the delivery of a satisfactory product to the consumers, say specialists of the United States Department of Agriculture. The following are a few of the important considerations to be observed to market butter successfully by parcel post:

It should be properly packed in neat and attractive packages.

The shipping container used should amply protect the butter from deterioration and damage.

The packages should bear the address of the sender and be properly addressed to the customer.

The most expeditious mail service from the mailing office should be used to insure delivery in the best condition.

Postal regulations provide that butter will be accepted for mailing to all offices to which, in the ordinary course of mail, it can be sent without spoiling when suitably wrapped or inclosed or when packed in crates, boxes, or other suitable containers to prevent the escape of anything from the package, and so constructed as to properly protect the contents.

### COW TESTER AIDS DAIRYMAN

Wisconsin Farmer Woke Up by Results of Expert Obtained in Working With His Cows.

(Prepared by the United States Department of Agriculture.)  
"I just wish to write a few words to let the farmers in general know what I thought of cow-testing associations a year ago and what I think of them now," writes a Wisconsin dairyman to a field agent of the dairy division, United States Department of Agriculture. "About a year ago I was approached on the subject, and, after some talk, I said: 'Go ahead; if you can shoot in forty or fifty dollars I can, too.' So in April, 1920, we organized; and to top it they elected me secretary of the association. I did not think much more about it until the tester came to my place the first time, and when I saw him at work I commenced to wake up."

"I had two cows that had freshened about three weeks before that, and both of them had heifer calves which I intended to sell for veal; but after



Buying Feed for Boarder Cows Is Like Pouring Water Down a Rat Hole.

the test was made I saw that those two cows were making more butterfat for the month than any of my other cows. I decided to keep the calves, and further took interest enough to weigh the milk from each cow in my herd; and now those two cows are at the top of the list for the whole association.

"You may ask, what about those two calves? Well, if you have \$300 you might get them; but not for less than that, even if they are grades. Does testing pay? Well, I will say yes; and if I can keep the association going next year, you bet I will."

### VALUE OF TEST ASSOCIATIONS

Information Obtained by Members Enables Them to Weed Out Unprofitable Animals.

There is plenty of evidence on file in the United States Department of Agriculture to convince anyone of the value of cow-testing associations as a means of developing profitable dairy herds. In all these associations records are kept of the amount of milk produced and feed consumed by each cow, and with this information the members of the association are able to weed out the poor producers of the herd to make room for the heifer calves of the cows that give the largest production of milk and butterfat. This practice, together with the use of purebred bulls, is the best and surest way of building up the dairy herd, say dairy specialists of the department.

### 300-Pound Cow Best

It is much cheaper to milk and care for one cow giving 300 pounds of butterfat in a year than it is to milk and care for three cows giving 100 pounds of butterfat each, and the 300-pound cow will not eat as much as the three 100-pound cows.

### Shelter for Dairy Cows

It isn't difficult to put a barn or shed in condition for dairy cows. The main essential is to provide a tight roof, a dry floor, and to admit fresh air and sunlight.

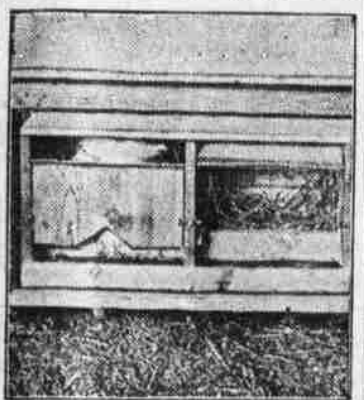
## POULTRY FLOCKS

### TRAP NESTS HELP BREEDERS

Enable Poultrymen to Find Profitable Layers by Selecting Late Molting Hens.

(Prepared by the United States Department of Agriculture.)

Trap-nesting hens to find the most profitable layers does not appeal to the average farmer and back-yard poultryman as being practical. Besides the original cost of making the nests there is the extra labor required of looking after the layers. However, some facts that have been



Profitable Layers Found by Use of Trap Nest.

learned as a result of using the trap nest may be applied in the improvement of the flock, say poultrymen of the United States Department of Agriculture. For instance, the trap nest has shown that the late molter is the most profitable bird in the flock. Now, with the use of the trap nest, a man may select the late molter and be sure that he is picking the cream of the flock. And it seems reasonable to believe that this characteristic breeds on from generation to generation.

### AX IS BEST FOR EGG EATERS

Habit Spreads From One Fowl to Another and Unless Checked Affects Whole Flock.

(Prepared by the United States Department of Agriculture.)

Egg eating sometimes becomes a serious vice in a flock, the fowls becoming very fond of eggs when they have learned to eat them. The habit spreads from fowl to fowl and unless checked will often spread through the whole flock. Egg eating usually begins through accident by eggs being broken or frozen. See that the nests are properly supplied with straw or other nesting material and have them darkened, so that if an egg is accidentally broken the fowls will not be likely to discover it. Supply plenty of lime in the form of oyster shells, bone or similar substances to insure a firm shell. As soon as it is discovered that a fowl has formed the habit, the fowl should be removed to prevent the spread of the vice. Once formed, it is difficult to eradicate, and the safest remedy is the death penalty, say poultry specialists of the United States Department of Agriculture.

Fowls sometimes pluck feathers from themselves and from each other. This is often caused by too close confinement, by the presence of insect pests, or by improper feeding. When some of the fowls of a flock have formed the habit slightly, a wide range with a change of diet, including a plentiful supply of animal feed, and freedom from insect pests, will usually correct the evil. Above all, see that the fowls have plenty of inducement to exercise. If the habit becomes well formed it is very troublesome and may necessitate the killing of some of the fowls in order to stop it.

### YEARLY EGG LAYING PERIOD

Increase Made at Massachusetts Experiment Station by Selection of Pullets.

Dr. H. D. Goodale, research biologist in poultry at the Massachusetts Experimental station, stated that the yearly egg-laying period of a flock of hens at that place had been increased by an average of 58 days by egg-selection from early-laying pullets. This, he said, had resulted in an increase in the number of winter eggs, raising the annual egg average from 121 to 185. Poultry breeders should aim to eliminate broody hens from breeding stock; also the birds idle longest in the winter months.

## POULTRY NOTES

- Keep house and yard clean.
- Provide roosts and dropping boards.
- Provide a nest for each four or five hens.
- Save the manure. It is worth money if treated properly.
- The early hatched chick becomes the early laying pullet next fall.
- Make the house dry and free from drafts, but allow for ventilation.
- Kill and eat the poorest hens in the fall when they begin to molt and cease to lay.

**AFTER EVERY MEAL**

# WRIGLEY'S P-K

**It's a DOUBLE treat**  
—Peppermint  
Jacket over Peppermint gum

**10 for 5c**

Sugar jacket just "melts in your mouth," then you get the delectable gum center.

And with Wrigley's three old standbys also affording friendly aid to teeth, throat, breath, appetite and digestion.

Soothing, thirst-quenching. Making the next cigar taste better.

**UNITED COUPONS**

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**WRIGLEY'S P-K CHEWING SWEET**  
PEPPERMINT FLAVOR  
P-K 10 PIECES

**WRIGLEY'S SPEARMINT**  
THE MINTY GUM  
MINT FLAVOR

**WRIGLEY'S JUICY FRUIT**  
CHEWING GUM  
THE FLAVOR LASTS

**WRIGLEY'S DOUBLEMENT**  
CHEWING SWEET  
PEPPERMINT FLAVOR

**AFTER EVERY MEAL**

**Feminine Friendship.**  
"Is Bessie a friend of yours?"  
"Yes—what has she been saying about me now?"—Judge.

Statistics show that more than 40 per cent of the clergy live to be septuagenarians.

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At low prices to Dealers. By car loads or less. Cars in better condition than usually found in country towns. Terms to responsible dealers. Call on us or write for it.

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**for that COUGH!**

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Pleasant to take  
Children like it

**SELDOM SEE**  
a big knee like this, but your horse may have a bunch or bruise on his ankle, hock, stifle, knee or throat.

## ABSORBINE

will clean it off without laying up the horse. No blister, no hair gone. Concentrated—only a few drops required at an application. \$2.50 per bottle delivered. Describe your case for special instructions, and best 24 free.

W. F. YOUNG, Inc., 310 Temple St., Springfield, Mass.

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**A Fair Trade.**  
"That's a beautiful bus," said the salesman, all carried away with his own eulogy of the car. "Of course there may be some little thing that it needs, but that's to be expected."

The prospect looked thoughtful, then he brightened.

"I tell you what I'll do," he replied. "I'll buy the little thing you mention and you throw in the car. You see, I've bought a second-hand machine before."—Cartoons Magazine.

**Her Case.**  
"She is perfectly crazy about cake and bread making."

"I see; a regular dough nut."

**Just as Good.**  
"I can no longer offer my friends a bumper." "But you can take them out in a silver."

**Taking the Joy Out of Art.**  
An artist from New York was visiting an old Southern family in Alabama. One day while they were riding in their automobile, which their former coachman, an old negro, was driving, the hostess pointed out a majestic tree that stood alone in a meadow. The artist went into rapture over it and with hands clasped turned to her hostess.

"Oh, isn't it superb!" she breathed.

"A perfect example of a Corot!"

"Scuse me, mistis," said the privileged old servant. "Dat ain't no Corot. It's jest one of dese hyuh sugarberry trees."—Youth's Companion.

Wealth is as dross; righteousness is worth untold gold.

Do not be afraid of going slowly, but of standing still.

**Genuine**

# BAYER ASPIRIN

**WARNING! Say "Bayer" when you buy Aspirin.**

Unless you see the name "Bayer" on tablets, you are not getting genuine Aspirin prescribed by physicians over 22 years and proved safe by millions for

Colds Headache Rheumatism  
Toothache Neuralgia Neuritis  
Earache Lumbago Pain, Pain

Accept only "Bayer" package which contains proper directions. Handy "Bayer" boxes of 12 tablets—Also bottles of 24 and 100—Druggists. Aspirin is the trade mark of Bayer Manufacture of Monocarbonyl-acetate of Salicylic Acid